

Radiogram No. 4903u

Form 24 for 12.23.02

ISS Attitude Transition (PCO to POCK)

GMT	CREW	ACTIVITY
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–08:00		Prep for work
08:00–08:15		Daily planning conference (<i>S-band</i>)
08:15–09:00	FE-2	On-orbit calibration of RED
08:15–08:55	FE-1	DC-1 air duct cleanup: ducts ВД1 & ВД2
08:15–08:25	CDR	Payload status check
08:30–09:00		On-orbit calibration of RED
09:00–09:15	FE-2	EXPRESS Rack cable inspect
09:00–10:30	CDR	Physical exercise (RED)
09:15–09:20	FE-1	Inspection of БРПК separator
09:20–09:25		Inspection of A3C circuit breakers in DC-1 БВП panel / fuses in DC-1 БПП panel
09:35–10:25	FE-1, FE-2 assist	Cardiovascular evaluation during graded exercise on VELO (T₀=09:51) Tagup w/ ground specialist (<i>VHF</i>)
10:25–10:45	FE-1	Filter changeout in DC-1 dust collectors ПФ1 & ПФ2
10:30–12:00	FE-2	Physical exercise (RED)
10:45–11:45	CDR	Physical exercise (TVIS)
11:45–13:15	FE-1	DC-1 fan cleanup (fans B1 & B2)
		Physical exercise (TVIS-3)
12:15–13:15	CDR, FE-2	RPCM R&R
13:15–14:15		LUNCH
14:15–15:45	CDR	FOOT CBT
	FE-1	Inspection of SM PO pressure hull (panels 130, 134, 135, 138, and TVIS)
14:15–14:55	FE-2	Maintenance of COЖ
14:55–15:35	FE-2	IMS file prep
		Physical exercise (TVIS)
15:45–16:45	CDR	FOOT h/w setup
15:45–16:15	FE-1	PLANTS-2: removal of КДВ, filling, and re-install
16:15–16:30		PLANTS-2: substrate watering in the root module
16:30–17:30		Physical exercise (CEVIS-3)
16:45–17:15	CDR	FOOT: prep for EMG calibration (CDR)
17:40–17:55		Private family conference (<i>S-band</i>)
18:05–18:15	FE-1	PLANTS-2: prep for downlink
18:15–18:45		Daily plan review
18:45–19:00		Daily planning conference (<i>S-band</i>)
19:00–19:30		Prep for work
19:30–20:00		Pre-sleep
20:00–20:30		Daily food prep
20:30–21:30		DINNER
21:30–06:00		SLEEP

Note: See OSTP for references to US procedures
End of radiogram